### 重要単語まとめ

Today we are launching a campaign called "He For She."

launch
/'Innts//

(動) 開始する

Today we are launching a campaign called "He For She."

### campaign /kæm'peɪn/

(名) キャンペーン

I am reaching out to you because we need your help.

# reach out (to sb) /'rixtʃ' aut/

(句動) ~に働きかける

We want to end gender inequality, and to do this, we need everyone involved.

### gender /'dzendər/

(名) 性別

We want to end gender inequality, and to do this, we need everyone involved.

inequality
/,InI'kwailati/

(名) 不平等

We want to try to galvanize as many men and boys as possible to be advocates for change.

galvanize
/'gælvə,naɪz/

(動) 駆り立てる、活気づける

We want to try to galvanize as many men and boys as possible to be advocates for change.

## advocate /'ædvəkət/

(名) 支持者

We want to try and make sure that it's tangible.

# make sure /'mei/sur/

確実に~する

We want to try and make sure that it's tangible.

# tangible /'tændʒəb<sup>a</sup>l/

(形) 具体的な、触れられる、明らかな

I was appointed as Goodwill Ambassador for UN Women six months ago.

appoint/ /appoint/

(動) ~を任命する

I was appointed as Goodwill Ambassador for UN Women six months ago.

# goodwill/go'dwIl/

(親善)

I was appointed as Goodwill Ambassador for UN Women six months ago.

### ambassador /æm'bæsədər/

(名) 大使

And, the more I spoke about feminism, the more I have realized that fighting for women's rights has too often become synonymous with man-hating.

# feminism /'femə,nızəm/

(名) フェミニズム、女性解放 (男女同権) 論

And, the more I spoke about feminism, the more I have realized that fighting for women's rights has too often become synonymous with man-hating.

right
/'raIt/

(名) 権利

And, the more I spoke about feminism, the more I have realized that fighting for women's rights has too often become synonymous with man-hating.

synonymous /sə'naınəməs/

(形) 同義の

If there is one thing I know for certain, it is that this has to stop.

for certain
/fər'sautan/

疑いの余地なく、確かに

## for the record /fər ðə rə kəird/

念のために言っておくと

# definition /,defə'nıʃ³n/

(名) 定義

belief
/bəˈliːt/

(名)考え、意見

equal
/'ixkwal/

(形) 平等な

## opportunity / aspar'tusnati/

(名) 条件

theory
/'eri/

(名) 理論

political /pə'lɪtək<sup>a</sup>l/

(形)政治の

#### economic /,ekə'naımık/

(形)経済の

Social
/'sotfl/

(形) 社会の

I started questioning gender-based assumptions a long time ago.

## question /'kwestJan/

(動) 疑問を持つ、質問する

I started questioning gender-based assumptions a long time ago.

## base /'best/

(連結) ~に基づく、~を基盤とした、~を根拠とした

I started questioning gender-based assumptions a long time ago.

## assumption/assumpfin/

(名)思い込むこと、仮定

confuse
/kənˈfjuːz/

(動) 混同する、困惑させる

bossy//bbsi//

(形) 仕切りたがり、出しゃばり

direct
/da'rekt/

(動) 指示する、監督する

play
/'plet/

(名) 脚本、芝居

put on /'put ain/

(句動) 上演する

When at 14, I started to be sexualized by certain elements of the media.

sexualize
/'sek.sju.<sup>a</sup>l.arz/

When at 14, I started to be sexualized by certain elements of the media.

certain
/'cstt<sup>a</sup>n/

(形) ある、特定の

When at 14, I started to be sexualized by certain elements of the media.

## element /'elmant/

(名) 要素

#### girlfriend/ /'gs\l,frend/

(名) 女友達

drop out
/drop 'aut/

(句動) やめる

beloved
/bə'ləvd/

(形) 愛おしい

appear
/appr/

(動) (~と) 思われたくない

muscly
/m/s.li/

(形) ムキムキな

male
/mel/

(形) 男性の

## unable //neib<sup>a</sup>//

(形) (~することが) できない

express
/Ik'spres/

(動) 表す、言う

feeling
/'fixlin/

(名) 気持ち

I decided that I was a feminist, and this seemed uncomplicated to me.

## feminist /'femanast/

(名) 男女同権論者、フェミニスト

I decided that I was a feminist, and this seemed uncomplicated to me.

Seem//sim//

(動) ~のように見える

I decided that I was a feminist, and this seemed uncomplicated to me.

## uncomplicated / \n'kaimplə,ketəd/

(形)複雑ではない、単純な

But my recent research has shown me that feminism has become an unpopular word.

recent
/'risant/

(形) 最近の

But my recent research has shown me that feminism has become an unpopular word.

research
/ri'satt//

(名)調査

But my recent research has shown me that feminism has become an unpopular word.

unpopular / an'paipjələr/

(形) 不人気の

Women are choosing not to identify as feminists.

# identify /aɪ'dentəˌfaɪ/

(動) 名乗る

## apparently /aperantli/

(副) どうも~らしい

among
/am/n//

(前) ~のあいだ

rank
/'ræŋk/

(名)《ranks》部類

expression /Ik'spreson/

(名詞) 表現

## aggressive /a'gresiv/

(形) 攻撃的な

isolate
/'aɪsəˌlet/

(動) 孤立させる

anti
/'aenti/

(接頭) 反~

Unattractive, even.

#### unattractive /ˌʌnəˈtræktɪv/

(形) 魅力がない

Why has the word become such an uncomfortable one?

## uncomfortable /nn'kəmfərtəb<sup>a</sup>l/

(形) 心地良くない

I am from Britain, and I think it is right I am paid the same as my male counterparts.

I am from Britain, and I think it is right I am paid the same as my male counterparts.

## counterpart /'kauntər,pairt/

(名) (異なる組織で機能が) 同等の人

I think it is right that I should be able to make decisions about my own body.

OWN /'oびn/ (形) 自分の

involve
//In'vally/

(動) ~を参加させる

## behalf /bəˈhæf/

(名)~のため

policy
/'pallasi/

(名)政策、方針

decision/de/si3<sup>a</sup>n/

(名) 決断

affect
/alfekt/

(動) ~に作用する、~に影響を与える

I think it is right that socially, I am afforded the same respect as men.

Socially
/'sotfali/

(副) 社会的に

I think it is right that socially, I am afforded the same respect as men.

## afford /a'ford/

(動) ~を与える、提供する

I think it is right that socially, I am afforded the same respect as men.

respect
/rə'spekt/

(名) 尊敬、尊重

But sadly, I can say that there is no one country in the world where all women can expect to see these rights.

Sadly /'sædli/ (副) 悲しいこと But sadly, I can say that there is no one country in the world where all women can expect to see these rights.

expect
/ik'spekt/

(動) 期待する

But sadly, I can say that there is no one country in the world where all women can expect to see these rights.

right
/'ratt/

(名) 権利

No country in the world can yet say that they have achieved gender equality.



No country in the world can yet say that they have achieved gender equality.

achieve
/a'tʃiːv/

(動)成し遂げる

These rights, I consider to be human rights, but I am one of the lucky ones.

#### consider /kən'sıdər/

(動) ~と考える

These rights, I consider to be human rights, but I am one of the lucky ones.

### human right /'hjuɪmən 'raɪts/

(名) 人権

These rights, I consider to be human rights, but I am one of the lucky ones.

lucky//l/ki//

(形) 運の良い

My life is a sheer privilege because my parents didn't love me less because I was born a daughter.

sheer //Jir/ (形) 完全な My life is a sheer privilege because my parents didn't love me less because I was born a daughter.

## privilege /'privled3/

(名) 恩惠

My school did not limit me because I was a girl.

limit
/'Imat/

(動) ~を制限する

mentor
/'men,tor/

(名) 助言者、師匠

assume
/asum/

(動) ~と仮定する、~と思い込む

gofar /'got'fair/

成功する、出世する

give birth
/'giv b3\delta(θ)/

出産する

These influences were the gender equality ambassadors that made me who I am today.

#### influence /'Influians/

(名)影響

They may not know it, but they are the inadvertent feminists who are changing the world today.

#### inadvertent /ˌɪnəd'vɜ་ɪtənt/

(形) 不注意な、うっかりした

And if you still hate the word, it is not the word that is important, it's the idea and the ambition behind it because not all women have received the same rights I have.

idea
/aɪˈdiːə/

(名) 考え

And if you still hate the word, it is not the word that is important, it's the idea and the ambition behind it because not all women have received the same rights I have.

ambition/aembifon/

(名) 野心

And if you still hate the word, it is not the word that is important, it's the idea and the ambition behind it because not all women have received the same rights I have.

behind
/bəˈhaɪnd/

(前)~の背後に

In fact, statistically, very few have been.

in fact
/In 'fækt/

実際には

In fact, statistically, very few have been.

#### statistically /sta'tɪstɪkəli/

(副) 統計的には

But what stood out for me the most was that less than thirty percent of the audience were male.

### stand out /stænd'aut/

(句動) 目立つ

But what stood out for me the most was that less than thirty percent of the audience were male.

## audience /'aidians/

(名) 聴衆

half /'hæf/ (名) 半分

invite
//In'vaIt/

(動) 招待する

welcome
/'welkam/

(形) 歓迎される

# participate /par'tɪsəˌpet/

(動)参加する

# 100

# conversation /kainvər'seifan/

(名) 会話

### opportunity / aspar'tusnati/

(名)機会

I would like to take this opportunity: この場を借りて

#### extend /Ik'stend/

(動) 与える、差し伸べる

#

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formal
/'form<sup>a</sup>l/

(形) 正式な

# invitation /ˌɪnvəˈteɪʃʰn/

(名) 招待状

Gender equality is your issue, too.

issue /'Isu/

(名)問題

#

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Because to date, I've seen my father's role as a parent being valued less by society, despite my need of his presence as a child, as much as my mother's.

今まで ※フォーマル

role
/roʊl/
(名) 役割

Value
/'væljuː/

(動) 評価する

#

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society
/sə'saɪəti/

(名) 社会

despite
/,dI'spaIt/

(前) ~にもかかわらず

presence
/'prezans/

(名) 存在

I've seen young men suffering from mental illness, unable to ask for help for fear it would make them less of men - or less of a man.

Suffer//s\f\at\f\at\

(動) 苦しむ

I've seen young men suffering from mental illness, unable to ask for help for fear it would make them less of men - or less of a man.

#### mantal illness /'ment<sup>a</sup>l 'Ilnas/

(名)精神疾患

I've seen young men suffering from mental illness, unable to ask for help for fear it would make them less of men - or less of a man.

fear /作Ir/ (名) 恐れ

suicide
/'suia,said/

(名) 自殺

killer//kIlər/

(名) 殺人者

eclipse
/rklips/

(動)~を凌ぐ、~を上回る

accident
/'æksədənt/

(名) 事故

Cancer
/'kænsər/

(名) がん

Coronary
/'kɔɪrəˌneri/

(名) 冠状動脈

disease
/dizizz/

(名) 病気

fragile
/'fræd3əl/

(形) 虚弱な

insecure
/'ɪnsəkjər/

(形) 不安な

distort
/distort/

(動) 歪曲する

Sense
/'sens/

(名) 意識

# constitute /'kainstə,tuit/

(動) ~の構成要素となる

SUCCESS
/sək'ses/

(名) 成功

Men don't have the benefits of equality, either.

benefit
/'benəˌfɪt/

(名) 恩恵、利益

# aggressive /aggressiv/

(形) 積極的な

#

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accept
/æk'sept/

(動) 受け入れる

## compel/kəm'pel/

(動) ~を余儀なくさせる

# submissive /səb'mısıv/

(形) 従順な

Both men and women should feel free to be sensitive.

### sensitive /'sensativ/

(形) 敏感な、よく反応する

Both men and women should feel free to be sensitive.

feel free
/'fixl 'frix/

遠慮なく~する

#### perceive /par'sixy/

(動) ~を理解する、~を把握する

spectrum
/'spektram/

(名) 範囲、領域

Oppose/apouz/

(動) ~を対比させる、争う

ideal
/aI'dixl/

(名) 人

If we stop defining each other by what we are not, and start defining ourselves by who we are, we can all be freer, and this is what "He For She" is about.

define
/də'faɪn/

(動) ~を定義する

It's about freedom.

# freedom /'friidəm/

(名) 自由、解放

I want men to take up this mantle so that their daughters, sisters, and mothers can be free from prejudice, but also so that their sons have permission to be vulnerable and human too.

take up
/'terk 'np/

(句動) 受け入れる、応じる、取り組む

I want men to take up this mantle so that their daughters, sisters, and mothers can be free from prejudice, but also so that their sons have permission to be vulnerable and human too.

mantle
/'mænt<sup>a</sup>l/

(名) 責任

I want men to take up this mantle so that their daughters, sisters, and mothers can be free from prejudice, but also so that their sons have permission to be vulnerable and human too.

prejudice
/'pred3adas/

(名) 先入観

I want men to take up this mantle so that their daughters, sisters, and mothers can be free from prejudice, but also so that their sons have permission to be vulnerable and human too.

# permission/pər'mısan/

(名) 承諾

I want men to take up this mantle so that their daughters, sisters, and mothers can be free from prejudice, but also so that their sons have permission to be vulnerable and human too.

### vulnerable /'vʌlnərəb<sup>ə</sup>l/

(形) 脆弱な、傷つきやすい

We claim those parts of themselves they abandoned, and in doing so, be a more true and complete version of themselves.

claim
/'kleIm/

(動) 主張する

We claim those parts of themselves they abandoned, and in doing so, be a more true and complete version of themselves.

### abandon /a'bændan/

(動) 諦める、捨て去る

We claim those parts of themselves they abandoned, and in doing so, be a more true and complete version of themselves.

in doing so /In'duiin'sou/

その際に、そうすることで

And having seen what I've seen, and given the chance, I feel it is my responsibility to say something.

# responsibility /ri,spainsə'biləti/

(名) 責任、義務

statesman
/'steItsman/

(名) (特に尊敬されている) 政治家

force
/'fɔːrs/
(名) 力



triumph
/'traiamf/

(動) 勝利する

In my nervousness for this speech and in my moments of doubt, I told myself firmly, "If not me, who? If not now, when?"

#### nervousness /'navoasnas/

(名) 緊張感

In my nervousness for this speech and in my moments of doubt, I told myself firmly, "If not me, who? If not now, when?"

doubt
/'daut/

(名) 疑い、心配

In my nervousness for this speech and in my moments of doubt, I told myself firmly, "If not me, who? If not now, when?"

firmly
/'fa\mli/

(副) きっぱりと

If you have similar doubts when opportunities are presented to you, I hope those words will be helpful.

similar
/'sɪmələr/

(形) 同様の

If you have similar doubts when opportunities are presented to you, I hope those words will be helpful.

present
/'prezant/

(動) 示す

If you have similar doubts when opportunities are presented to you, I hope those words will be helpful.

# helpful /'helpfəl/

(形) 役立つ、助けになる

#

Because the reality is that if we do nothing, it will take seventy-five years, or for me to be nearly 100, before women can expect to be paid the same as men for the same work.

reality
/ri'ælati/

(名) 現実

Current
/'kairant/

(形) 現在の

rural /'rusal/

(形)農業の

# secondary education /'sekən,deri,edzə'keıʃan/

(名) 中等教育

If you believe in equality, you might be one of those inadvertent feminists that I spoke of earlier, and for this, I applaud you.

applaud
/applaud/

(動) ~を称賛する

We are struggling for a uniting word, but the good news is that we have a uniting movement.

struggle
/'str\g³l/

(動) 奮闘する、取り組む

We are struggling for a uniting word, but the good news is that we have a uniting movement.

unite
/ju'naɪt/

(動) まとめる、団結させる

We are struggling for a uniting word, but the good news is that we have a uniting movement.

### movement /'muxmant/

(名) 運動、活動